



**Under the direction of
Carol Baker-Fulco, MS, RD**



Nutritional Supplements - The Facts

POWER

PERFORMANCE

THE NUTRITION CONNECTION













QUICK

ENERGY!

FORMULA

Anabolic Energizing

**Go Faster
Harder
Longer**





Nutritional Supplement

Joe Weider's
WEIGHT

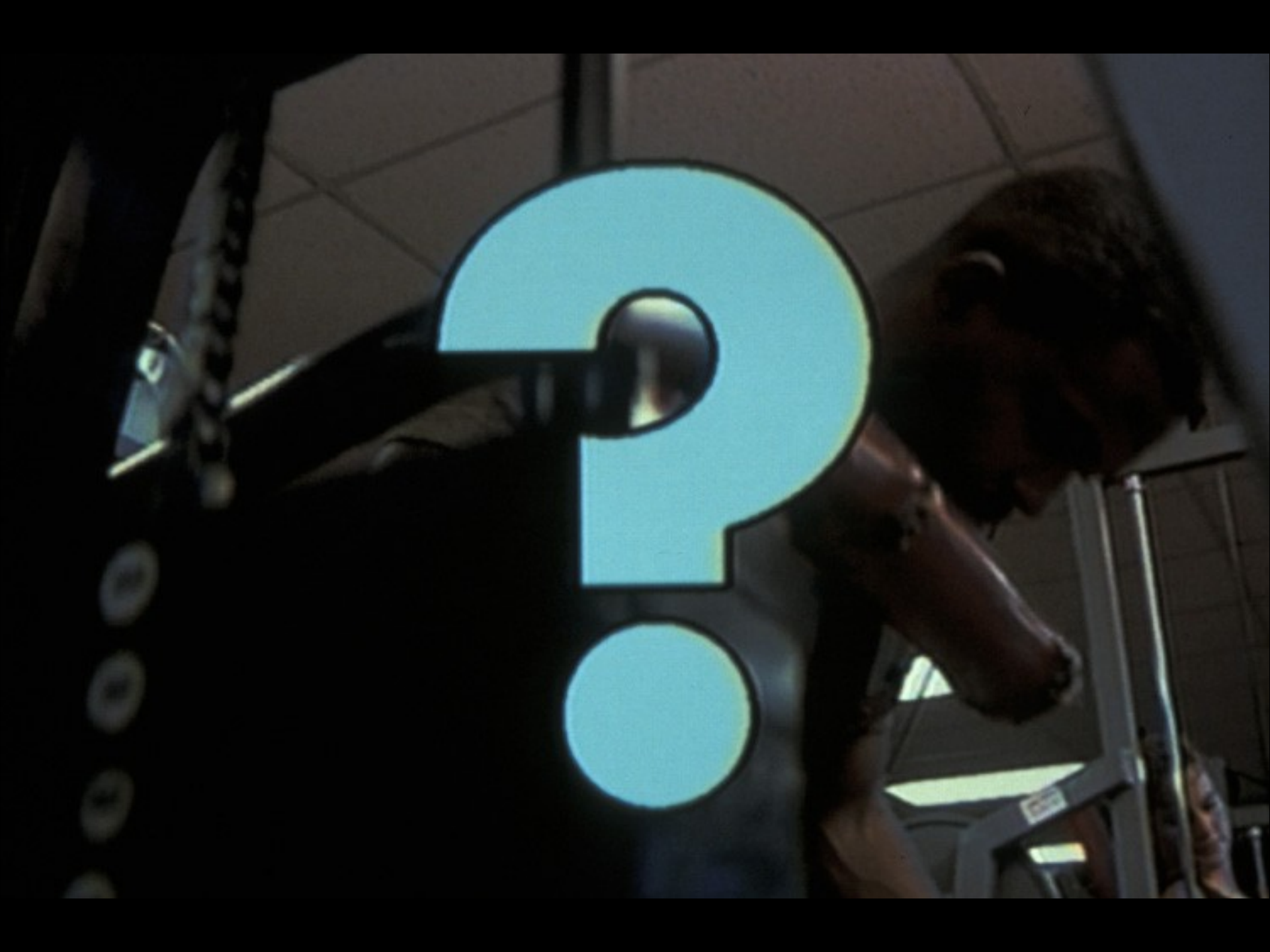
THUNDER
HEAT

Perfect
Nature's
Best

Perfect
3000

PURE
BEEF
PROTEIN

Unproven



A man in a white t-shirt and red shorts is performing a seated barbell bench press in a gym. He is holding a barbell with two large gold weight plates. The background shows other gym equipment and a person sitting on a bench. Overlaid on the image is the text 'FOOD NUTRITION SUPPLEMENTS' in a stylized, multi-colored font. The word 'FOOD' is in red and yellow, 'NUTRITION' is in red and yellow, and 'SUPPLEMENTS' is in yellow and green.

FOOD NUTRITION SUPPLEMENTS

Don't use supplements
to replace food.



FOOD

NUTRITION
SUPPLEMENTS



THE POWER OF THE EARTH

**MOST PHENOMENAL
GAINER EVER!**

FOR THE GUY WHO'S ALWAYS
LOOKING FOR A WAY TO
GAIN MASS AND STRENGTH
WITHOUT THE BULKY
GAINERS OF THE PAST
METAMORPHOSIZE IS THE
ANSWER.



METAMORPHOSIZE

**RIPPED
MASS**



PROFLAB







carbohydrate
supplements

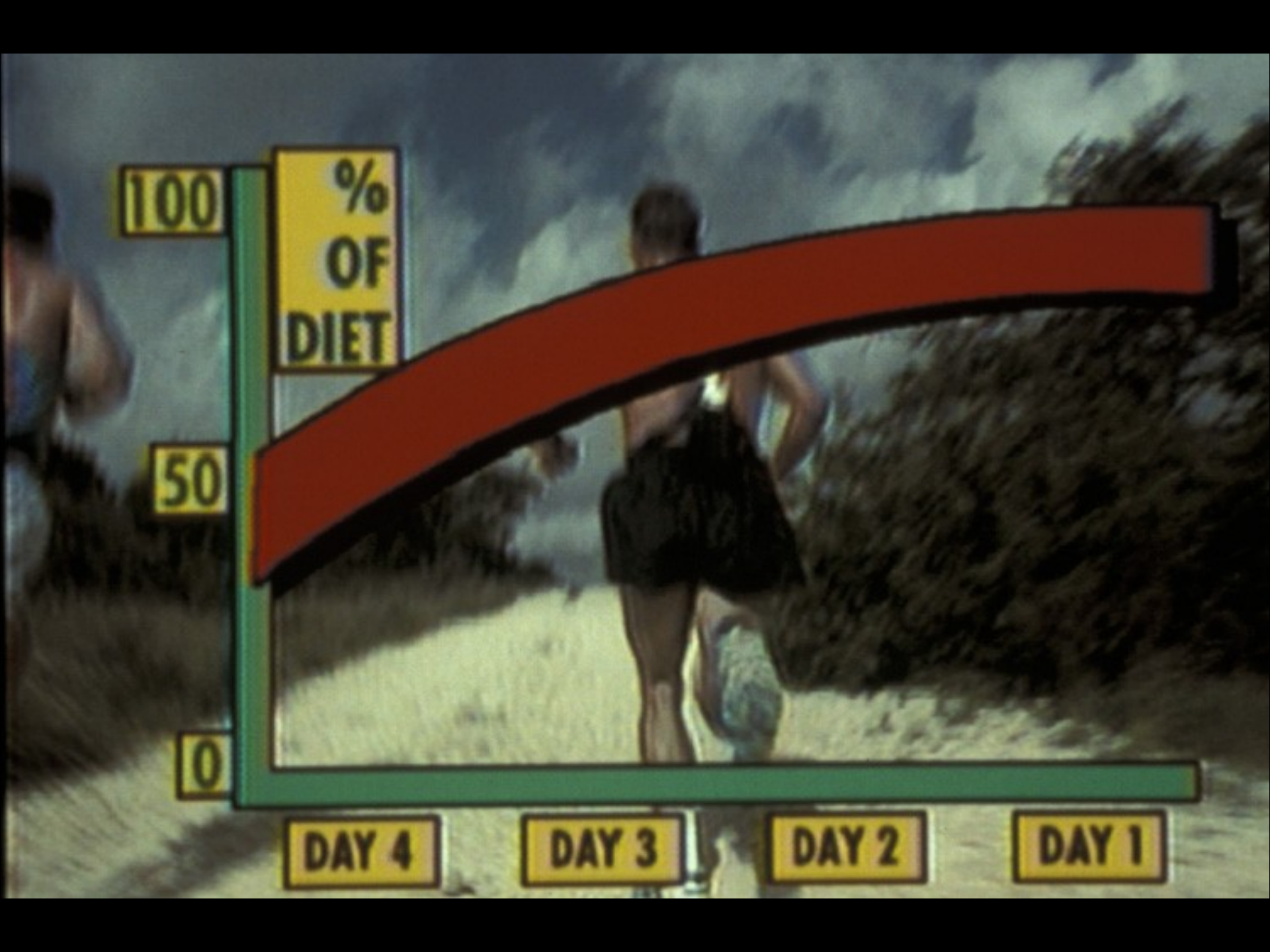
















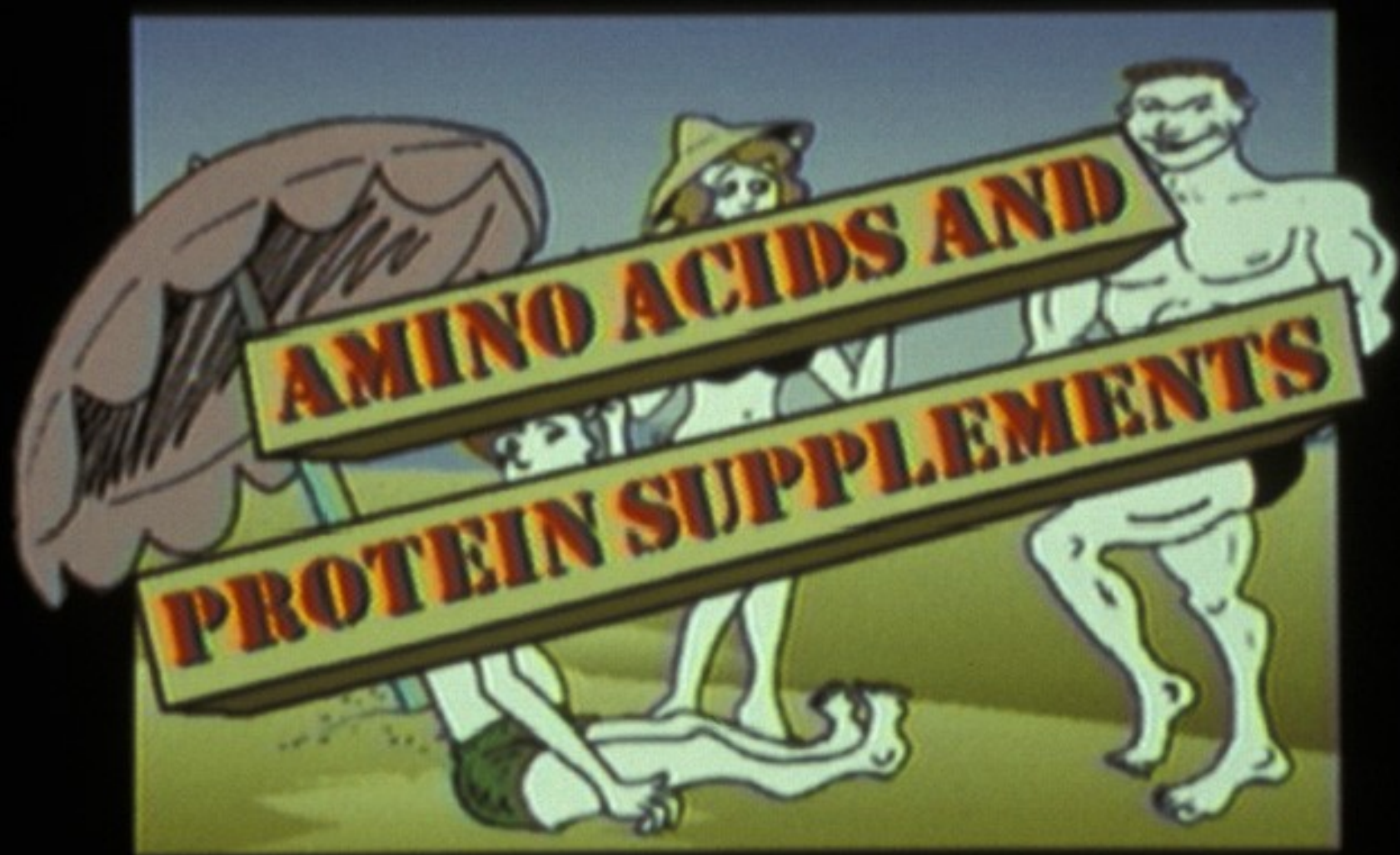






**IF ONLY I HAD BIG
MUSCLES, I COULD TAKE CARE
OF THIS BULLY!!**











protein

**amino
acid**

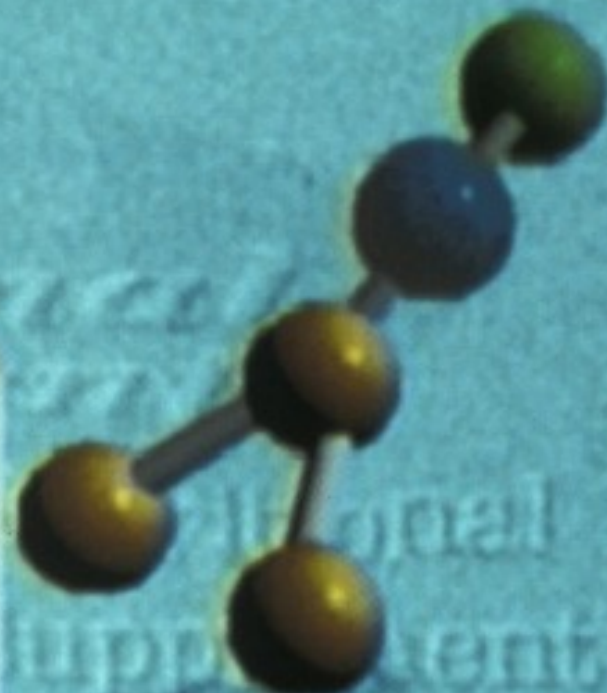
**amino
acid**

**amino
acid**

**amino
acid**

**amino
acid**

**amino
acid**







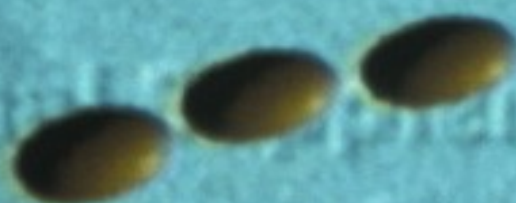
Isoleucine - 2655 mg

Leucine - 8300 mg

Valine - 2725 mg



Valine - 199 mg
Leucine - 262 mg
Isoleucine - 161 mg



Valine - 3199 mg
Leucine - 262 mg
Isoleucine - 161 mg

Valine - 560 mg
Leucine - 815 mg
Isoleucine - 505 mg

Nutritional Supplement

Nutritional Supplement

Nutritional

ent



Valine - 3199 mg

Leucine - 262 mg

Isoleucine - 361 mg

Valine - 3290 mg

Leucine - 3930 mg

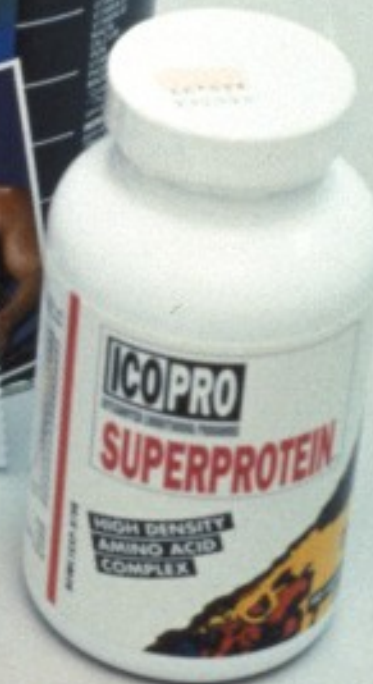
Isoleucine - 3390 mg

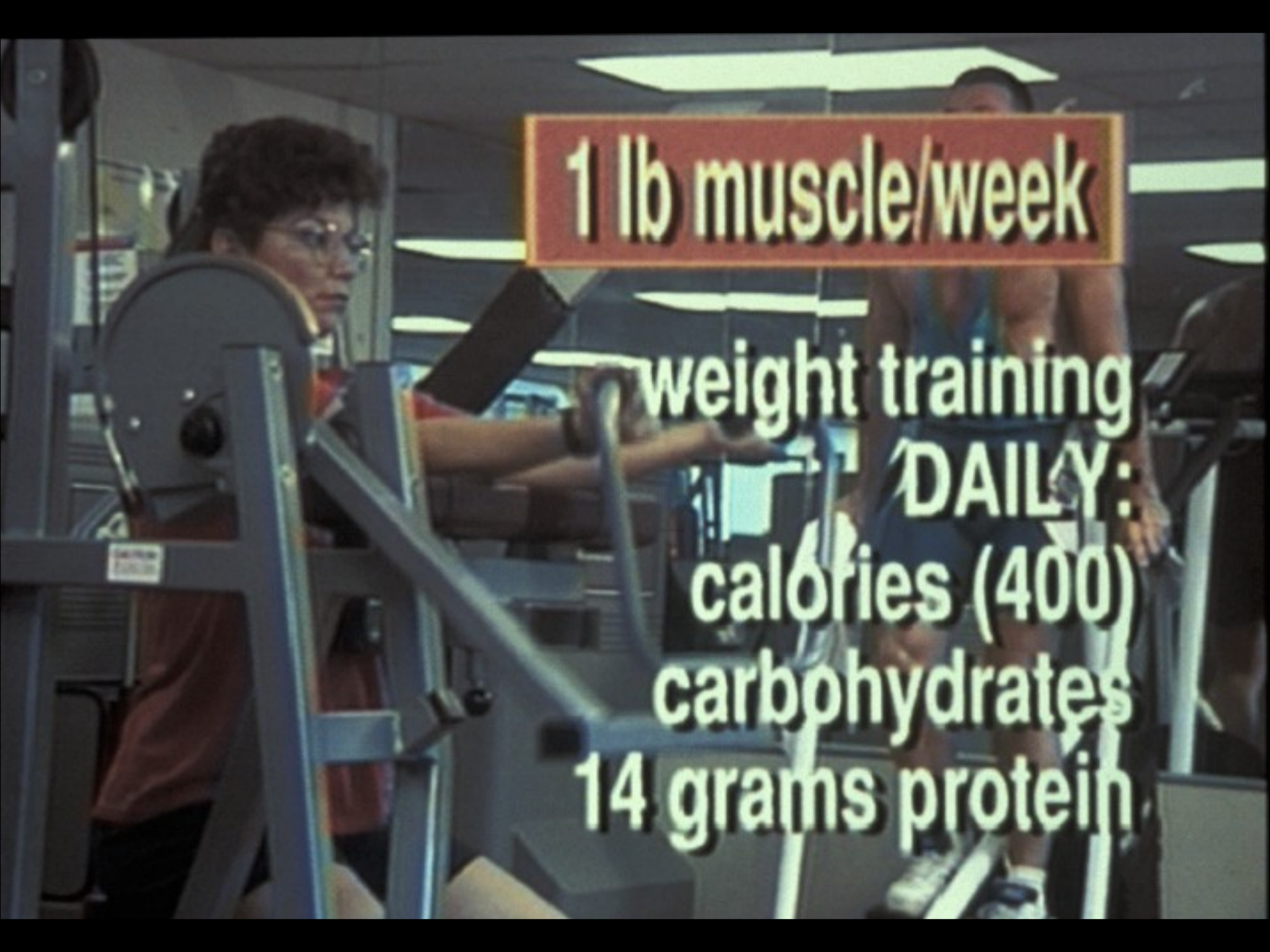
A close-up, slightly low-angle shot of a woman's face. She has dark hair and is looking downwards and to the right. Her skin appears slightly oily or sweaty. The background is a plain, light-colored wall.

amino acids alone

do not:

reduce fat




A woman with short dark hair and glasses is working out on a piece of gym equipment, possibly a leg press or similar machine. She is wearing a red shirt. In the background, another person is visible on a treadmill. The scene is set in a gym with various pieces of equipment and fluorescent lighting.

1 lb muscle/week

weight training
DAILY:
calories (400)
carbohydrates
14 grams protein

PROTEIN =

**2 oz. of meat
or
2 glasses of milk**


A man in a military uniform, specifically a camouflage jacket with "U.S. ARMY" visible on the sleeve, stands in a dining hall. He is holding a white tray with both hands. On the tray is a blue bowl filled with a brown, textured substance, likely a protein supplement. The background shows other people seated at tables in a dimly lit room with wood-paneled walls and curtains.

PROTEIN SUPPLEMENT

A man in a military uniform is holding a tray with a bowl of chili and a can of tuna. The background shows a dining hall with other people seated at tables.


10 GRAMS

25 GRAMS



10 GRAMS

25 GRAMS

A man in a military uniform is seated at a table in a dimly lit room. On the table are several food items: a bowl of orange-brown granules, a box of 'Quaker Oats BREAKFAST' cereal, a can of 'TUNA', a tall glass of white milk, and a plate of food. Two text boxes are overlaid at the bottom of the frame, one orange and one green, each containing a weight value in white capital letters. The background shows a window with curtains and other people in the distance.

10 GRAMS

16 GRAMS



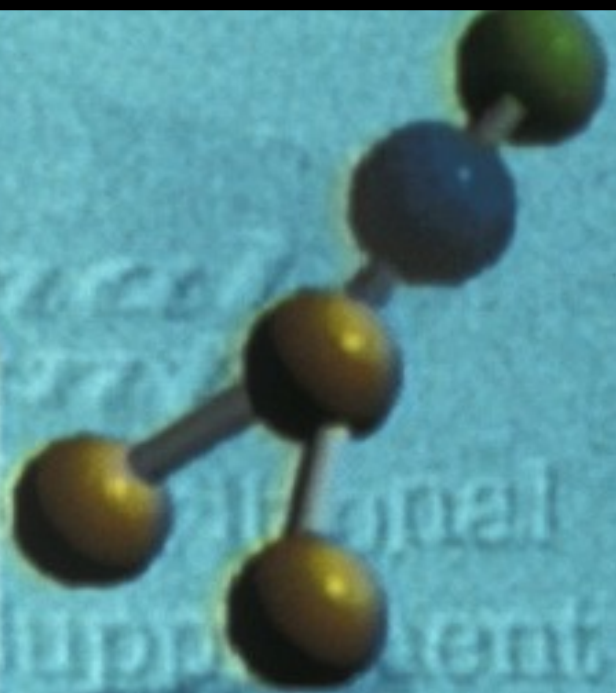
10 GRAMS

78 GRAMS

Nutritional Supplement

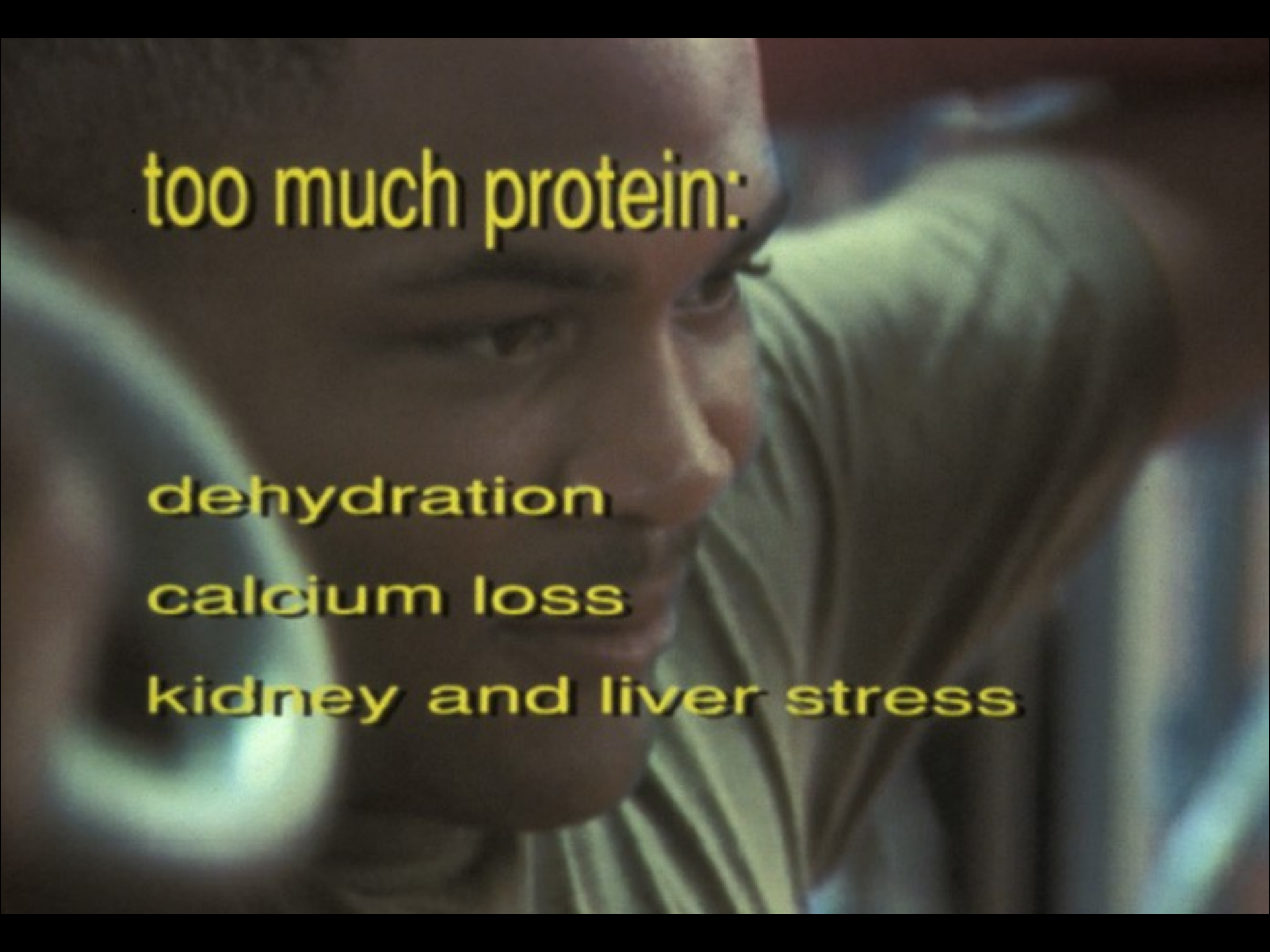
1. Electrolyte
2. Supplement

Nutritional
Supplement



Nutritional
SUPPLEMENT





too much protein:

dehydration

calcium loss

kidney and liver stress

**WELL, OKAY, I'LL TAKE
LOTS OF VITAMINS AND MINERALS
THEN WE'LL SEE WHO'S BOSS!**









protein

**amino
acid**

fat

energy

**amino
acid**

fat

energy







Overdose

headaches

bone & joint pain

dry skin

liver damage

Vitamin

A

10,000 IU

Easier to Swallow, No Sugar
No Starch, No Artificial Colors or Flavors
No Preservatives, Sodium Free

Overdose

Temporary Muscle
Weakness like
Muscular Dystrophy

B-12 Complex

Easy Capsule Formula

For Availability
for Absorption

No Sugar, No Starch, No Artificial Colors
No Artificial Flavors, Sodium Free





VITAMIN MULTI W/IRON (LB)
AUCOM (S) 12 2.98
6412 1180
200 8 CT
3 47843 00071

760 INQUIRING ENQUIRER

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ALIENS BRING NEW VITAMIN Z42 FROM MARS

DOUBLES MUSCLE MASS IN 12 HOURS

ELVIS SPOTTED WITH MARTIAN IN LOCAL GYM

[illegible][illegible]

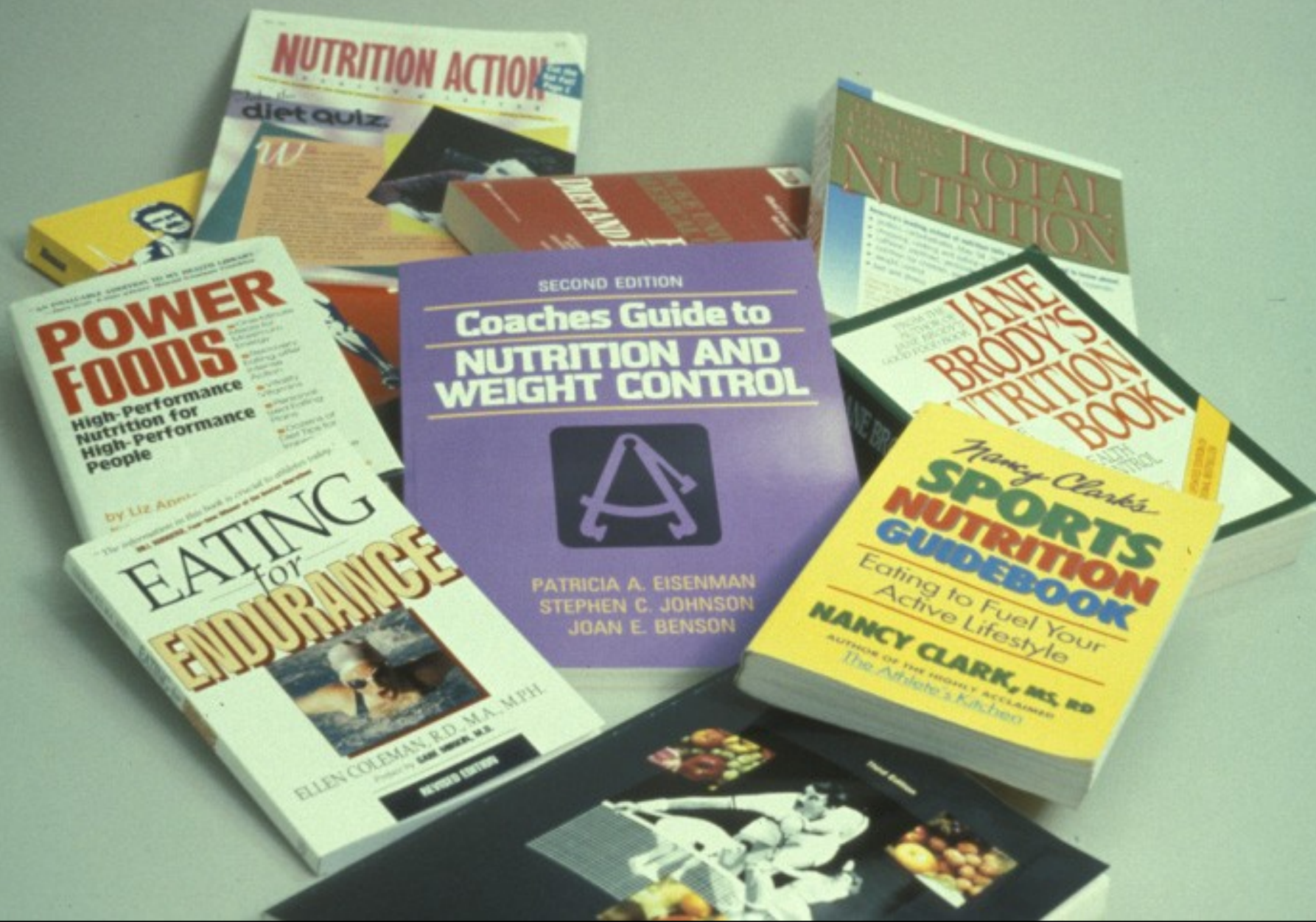
Keynote speaker presents
the most important aspects
of the conference.



NEWLY DISCOVERED
BUILD MUSCLE, BURN FAT!
ULTRA-FAST, PROFESSIONAL RESULTS

**AVAILABLE WITH
YOUR TRAINER IN LOCAL GYM**





PERFORMANCE POWER

The Nutrition Connection

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